



## Feta-Dill Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



21

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 teaspoon optional: dill dried
- ☐ 0.7 cup yogurt plain fat-free
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 1 tablespoon juice of lemon

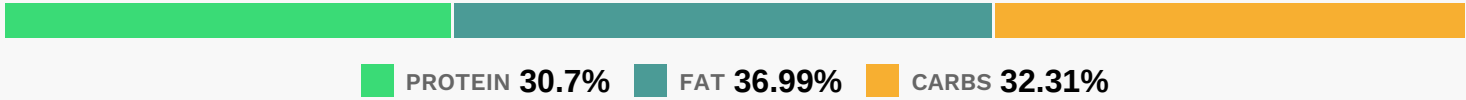
### Equipment

- ☐ bowl

# Directions

- ☐ Combine all ingredients in a small bowl; stir well. Cover and chill.
- ☐ Note: This is also good with lamb or as a topping for sliced tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:1.29, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.57217390681415%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 8.83kcal (0.44%), Fat: 0.36g (0.56%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.62g (0.68%), Cholesterol: 1.6mg (0.53%), Sodium: 24.48mg (1.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Calcium: 23.71mg (2.37%), Vitamin B2: 0.03mg (1.88%), Phosphorus: 17.79mg (1.78%), Vitamin B12: 0.07µg (1.25%)